

Answers to Other Common Questions

What can I do about bad breath?

Bad breath is caused by a variety of factors, including the types of food you ingest, periodontal disease, dry mouth, and other causes. Going to your dentist will help you determine the cause of your bad breath, so that you can take steps to eliminate it.

Regardless of the cause of your bad breath, good oral hygiene and regular checkups with the dentist will help reduce it. Brushing and flossing will eliminate particles of food stuck between your teeth which emit odors. It will also help prevent or treat periodontal disease (gum disease), caused by plaque buildup on your teeth, which can lead to bad breath. Dentures should be properly cleaned and soaked overnight in antibacterial solution (unless otherwise advised by your dentist). Finally, make sure to brush your tongue regularly to eliminate any residue.

What is cosmetic dentistry?

Are you unhappy with your smile? There are several possible ways to improve your smile with cosmetic dentistry. Options can range from whitening to veneers to crowns with or without Invisalign® preceding your care.

What is the easiest way to improve my smile?

The least invasive route is whitening your teeth. This can be done in the office or at home. Keep in mind, whitening does not work well for tetracycline stained teeth, and does not whiten tooth colored fillings or porcelain very much.

What are composite fillings?

Composite is tooth colored resin/ceramic filling material of many different forms that can be bonded to your teeth to create an excellent restoration. Resin is used for white fillings, and in some cases, as an in-office veneer material. Resin veneers are less expensive and less invasive than porcelain veneers, but don't have the same longevity. These materials are not the most ideal due to the presence of the resin plastic that is excellent but not as ideal as the porcelain restorative choices available.

Should I get my mercury fillings removed?

Our position on mercury based "amalgam" fillings is that their potential for toxicity, poor appearance and inability to bond to tooth structure makes them obsolete for most of our patients. The statistics from Harvard dental school list a 90% rate of decay under mercury fillings. Most have existed long after their designed lifetime. In

our office we offer replacement options for every mercury filling we encounter.

What are the options for mercury replacement?

The answer is a very definite "it depends"! The larger the existing filling and defect, the more research shows that reinforcement with stronger materials is necessary. Today's onlay restorations are frequently made of extremely durable pressed ceramics. Smaller restorations can be done with cost effective white fillings. These fillings can last quite some time but, again, size is the limiting factor as they are 1/3 the strength of porcelain or ceramic bonded restorations. We will advise you when we see you as to your options.

Is the mercury dangerous to remove?

For those concerned about the metal debris we are prepared to use special measures to protect you. Removal is not considered a health risk by the profession.